## Long-Term Investors, Don't Let a Recession Faze You

PERFORMANCE OF A HYPOTHETICAL $\$ 10,000$ INVESTED WHEN A US RECESSION BEGAN


Investors may be tempted to abandon equities when there is a heightened risk of a recession. But research has shown that stock prices incorporate these expectations and generally fall in value before a recession even begins.

- In 12 of the 16 recessions in the US over the past century, stock returns were positive two years after the recession began.
- The average annualized return two years after the onset of these 16 recessions was $8.8 \%$.
- A $\$ 10,000$ investment at the peak of the business cycle would have grown to $\$ 12,145$ after two years on average.

A history of positive average performance following a recession can be a comfort for investors concerned about sticking with stocks.

